

Designated Volunteer Commitment Card:

Name:
Email Address:
Contact Phone:
Name of Business, Community, Neighborhood Association, Etc:
Privately Owned Garden
Community or Neighbor hood Garden
Business or Organization Garden
I commit to give at least one hour each week

to the delivery of fresh fruits and vegetables either from my garden or the gardens desig-

nated above. By committing I will be further-

ing this people-helping-people endeavor for

my community.

Plant A Row

PARticipation is simple. Anyone can get involved. Communities, families, individuals, businesses, churches...YES, even you! No matter how much or little space you have each of us CAN make a difference. Here's how:

- 1. **Fill out our Plant A Row commitment card.** This can be one person, family or one volunteer if your community garden or business is participating.
- 2. **Plant** your garden with an extra row of veggies, fruit, herbs or even fresh flowers.
- 3. **Spread the word.** Give a PAR brochure to anyone who could help. We need your help with this community effort.
- **4. Be informed.** Keep in touch with Westfield In Bloom for updates and totals as we go through the growing season.
- **5. Harvest and weigh.** Help us keep food pound totals that are not only for encouraging updates to our community but to set our goals for next year.
- **6. Deliver/Drop off** at Third Phase (15755 Allisonville Rd) or Ameriana Bank (corner of SR32 & Carey Rd). One of the most rewarding parts is the delivery to the **Plant A Row** designated drop-off locations.
- **7. Celebrate at the Finale.** A celebration is planned to occur in October to celebrate and give thanks for all of the harvests.



How much impact can ONE ROW have?

A single bell-pepper plant can yield 6-8 peppers.

One cucumber plant can yield up to 20 cucumbers.

Envision just 2 tomato plants. They can yield hundreds of vitamin C, potassium and vitamin A packed tomatoes.

If one family harvests all of the apples on one apple tree can they consume all of them before the apples sour?

A single package carrot seeds will yield 20-30 carrots

Average time produce has been on the shelf is 1 week.

One average grocery bag of fresh produce weighs approximately 25 pounds.

- Plant A Kow

ANNOUNCEMENT

Does your neighborhood have a Community Garden? • Would you like more information on organizing one? O Do you need help with designing, planting and care of your garden? • Want to know the difference between a white fly and an aphid?

The Westfield In Bloom Committee and Hamilton County Master Gardeners Association team up for a Plant A Row Q & A **Westfield Town Hall** April 29, 2010 7pm-8:30pm.



WANT MORE INFORMATION? CONTACT US AT: WESTFIELD PARKS DEPT.

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Westfield, IN 46074



Westfield In Bloom community has chosen Third Phase to be our designated Plant A Row recipient for 2010. Here is some information on Third Phase the largest food bank in Hamilton County.

In 2009 over 700+ families from the city of Westfield utilized Third Phase and their ministries. 500+ from Carmel and 4000 families from Noblesville

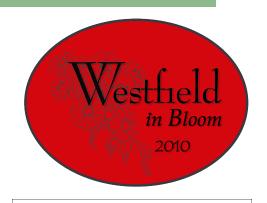
In 2008, Third Phase was one of two local charities selected by WRTV6 to participate in Oprah's Big Give Indiana.

Third Phase, Inc.

http://www.thirdphase.org/

15755 Allisonville Rd.





Westfield In Bloom Community Presents:



Plant A Row (PAR) is a people-helping-people community endeavor of Planting An extra Row of fruits and veggies to donate to our local food pantries. Thankyou for **PAR**-ticipating!

Tel: 317 804 3184